



Community Connections and Support



Please call 2-1-1 from any phone for information about community services

Friendly Check in Calls provided by:

St Vincent de Paul - "Neighbour to Neighbour" 613-766-8432
Council on Aging - "Sunshine Calls" 613-542-1336
Mutual Aid Katarokwi- 613-665-2959

These are some of the services available in the Kingston area. **For a more comprehensive list check the United Way's website here: UnitedWayKFLA.ca/covid-19-supports**

Resolve Counselling Services

9am to 5pm phone counselling for youth, adults, families, individuals
613-549-7850

Financial and Credit Counselling

1-800-379-5556

Addictions and Mental Health Services

24/7 Crisis Phone Lines Kingston & Frontenac:
613-544-4229;
Toll Free: 1-866-616-6005

Children & Youth Mental Health

Call 613-546-8535 or 1-844-855-8340 or inquiry@maltbycentre.ca
Crisis after-hours line: 613-544-4229

Housing Help Centre

Home Base Housing Call 613-542-6672

Family & Children Services KFL&A

Open and reachable by phone 24/7
Call: 613-545-3227 or toll-free 855-445-3227

Kingston Interval House

24/7 Services for women, children and youth experiencing violence and abuse. 24/7 Crisis Line: 613-546-1777 or 1-800-267-9445

Sexual Assault Centre Kingston

24/7 crisis and support line
613-544-6424 or 1-877-544-6424

Street Health Services

115 Barrack St.; 613-549-1440

Same day access to primary care, counselling and other services for anyone who uses substances. (Mon- Fri 9-4)

Kingston Legal Clinic

613-541-0777



Public Wifi available

While social distancing and staying at home remains the priority, there is **free public wifi available for use at the following outdoor locations:**

Springer Market Square

Flora MacDonald Confederation Basin marina (in front of City Hall)

Portsmouth Olympic Harbour

All branches of the Kingston Frontenac Public Library



Emergency Food/Meal Programs Available in Kingston & Frontenac



Lionhearts :

KCHC, 263 Weller Ave. Take-home meals.
Skeleton Park, 30 Alma Street. Take-home meals.
Amherstview Community Hall, 177 Upper Park

Monday - Sunday, 5 - 6 p.m.
Monday - Sunday, 6 - 7 p.m.
Tuesday, Thursday & Saturday, 5-6 p.m.

Lunch by George: 129 Wellington St. Hot takeout meals or bag lunches **Monday - Friday, 11 - 11:30 a.m.**

Martha's Table: 629 Princess St. Providing take away hot meals. **Monday - Sunday, 11 a.m. - 1 p.m.**

Mutual Aid Katarokwi: Offering check-ins, grocery/pharmacy/foodbank box delivery.
Leave message at 613-665-2959 or email mutualaidkatarokwi@gmail.com

North Frontenac Food Bank: 14152 Road 38, Sharbot Lake. Call 613-532-8855 for appointment.

Partners in Mission Food Bank: 140 Hickson Ave. **Monday - Friday**
Please call 613-544-4534 for appointment. No walk in service. 8:30 a.m. - 12 p.m. and 1 - 4 p.m.

Salvation Army: 342 Patrick St. Pre-bagged grocery services, Housing assistance to Kingston/Frontenac County, Check-in calls available . Please call 613 548-4411 for appointment. **Monday - Friday, 11 a.m - 4 p.m.**

Seniors' Food Box: Offering food boxes for seniors featuring produce, non-perishables and staples.
Call 613-542-2674 Ext. 1411 for more information or to place an order.

South Frontenac Community Services/Sydenham Food Bank: Frozen meals available for delivery daily.
Hot meals delivered Tuesday and Thursday. Delivery only to South Frontenac/rural Kingston. 613-376-6477

St. Mary's Cathedral: 260 Brock St. Providing takeaway light food/snacks. **Monday - Friday, 1 p.m - 4 p.m.**

St. Vincent de Paul: 85 Stephen St. Providing bag lunches. **Monday - Friday,**
Food Pantry available by appointment 10:30 a.m - 12 p.m.

For the most up-to-date list of emergency food providers,
please visit CityofKingston.ca/COVID19